Trading Psychology Guide

Mastering Your Emotions

Key Psychological Challenges:

- 1. Fear of missing out (FOMO)
- 2. Greed and overconfidence
- 3. Fear of losses
- 4. Revenge trading
- 5. Analysis paralysis

Solutions:

- Stick to your trading plan
- Practice proper risk management
- Keep a trading journal

This is a sample guide from Goddy FX.

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